



Rides Supplement August 2010

Camberwell Downhill Gourmet Bike Riders

2010 Calendar

15th August: Bundoora Circuit

Route: Alphington to Bundoora Park via the Darebin Creek Trail, and return via St George's Rd Path and sundry streets.

Meet: Alphington Station north side car park at 9.45am for a 10am start

Refreshments: BYO lunch to eat at Bundoora Park or buy at Visitor's Centre. Afternoon coffee at Station St?

Contact: Elva Parker, phone: 9836 6392

19th September Host - TBA

17th October Host - Jack Simpson

21st November Host - David & Geraldine Powell

26th November Annual Break-up Dinner – Riversdale Hotel - Hawthorn. - Convenor Elva

There isn't an organized ride in December as the third Sunday is too close to Christmas.

Please telephone Elva Parker (9836 6392) if you can assist at all with any of the "TBA" rides.

Hawthorn Cycle Tours

Hawthorn Cycle Tours (run by the Hawthorn Aquatic and Leisure Centre) has 10 bikes (and helmets) available. Or you can bring your own bike (and helmet) if you prefer. Rides are on Tuesday mornings from 9.30am - 11.00am. Child minding is available at the Creche. It is a social ride, with either a coffee stop out on the trail or on return to the centre (or both!). Distance travelled is usually between 15-20km, mostly flat riding with an occasional hill. Riders' ages vary from 20-70 years old. Contact: Hawthorn Aquatic and Leisure Centre, phone: 9815 0988, Website:

<http://www.geocities.com/perften/Hct.html> or e-mail: lexbishop@bikerider.com

Ashburton Riders Club

ARC is an informal group of cyclists from (mostly), the Ashburton, Glen Iris and Camberwell area who ride for fun, fitness and good company. We seek to be inclusive of, and helpful to, all riders (male and female) and of differing fitness levels. We have approximately 70 cyclists on our email list.

We have a regular Sunday 7am ride to Black Rock for coffee. However, there are always more rides of shorter and longer distances and on other days. These alternative rides are organised by ARCers posting a notice on the [ARC Forum](#). We enter many of the main organised rides in Victoria such as Around the Bay, the Great Divide Ride and Amy's Ride.

You are welcome to join us for a ride.

Schedule of rides:

Sunday (every week), 7am to Black Rock for coffee (44k)

Monday (every week) Hawthorn velodrome leaving from 8 Audrey Cr at 6.10am, return 7am

Tuesday (every week) Carnegie velodrome leaving 6 Rosedale Rd at 6.10am, return 7am

Other Rides will appear here if advised to ARCer1 via a [Forum](#) message prior to Wednesday 5:00 pm .

Rides start from Ashburton Railway Station car park, west/city side of the track unless otherwise stated.

Contacts: Tony Landsell' email: tony@diacher.com or Justin Murphy, email: murphij@au1.ibm.com

Kew Neighbourhood Learning Centre Bike Riding Group

Get back into cycling. Explore the Yarra bike paths. Make sure you have checked your bike is in working order before you come. Rides are between 15km -25km. Let us know if you are coming.

Free - Second Wed of the month - 9.30am -12pm

Contact: Robin Kendrick, phone: 9853 3126

Surrey Hills Neighbourhood Centre Group

The group rides on the 2nd and 4th Monday, but will possibly move to weekly rides as interest grows. Meet at 10am at the nominated place. BYO drink. Most rides are 20-25km (3hrs approx) As no liability is taken by the SHNC, cyclists are encouraged to join Bicycle Victoria, and RACV Bike Assist as an optional extra. Bookings essential at the Centre Monday to Friday 10am-4pm. Surrey Hills Neighbourhood Centre, 157 Union Rd, Surrey Hills 3127; phone: 9890 2467; email: info@surreyhillsnc.org.au ; www.surreyhillsnc.org.au

Finbar Neighbourhood House Rides

We are now riding regularly on the third Sunday of the month. Meet at Finbar, 143 Kent Street, Richmond to ride at 10.30am. We try to stick to paths where possible and always include a stop for a cuppa and chat. ALL WELCOME.

Contact Deb in the office on 9428 7668 or 0403 028 200 on the day.

Sassafras Ride

Every Sunday all year. Starts at *Bike Life*, 114 Auburn Road, Hawthorn, near corner of Burwood Rd and the overhead railway bridge, Melways Ref. Map 45 F10. Arrive prior to 7:30am to ensure departure at 7:30am sharp. Arrives in Sassafras around 9:00am and leaves Sassafras by 9:30am Arrives back in Hawthorn around 10:45am.

Distance under 70km from Hawthorn to Sassafras return (includes the 7km 1 in 20 hill climb). Route: Auburn Road, Rathmines Road, Canterbury Road, Boronia Road, Mountain Highway (Wantirna Sassafras Road), Mount Dandenong Tourist Rd. You can join and leave the peloton anywhere along this route.

Refreshment stop: Café *Ripe*, 376 Mount Dandenong Tourist Road, Sassafras, phone: 9755 2100; Melway Ref. Map 66 F9.

Council on the Ageing (COTA) Cycling Group

Seniors Bike rides in 2010

We ride 4 Wednesdays each month.

•The 1st and 3rd Wednesday rides are short (20- 30km) to encourage less experienced riders to join us. The 2nd and 4th Wednesday rides are more challenging, (50- 70km).

•We generally meet at **10am**, unless time is specified, at the 'Place to meet' (see below). Please check train times the day before the ride. A coffee stop is found midmorning! We take our own lunch and

picnic together on the long rides. Riders are welcome to join the ride along the way or cut the ride short at any point.

- If the temperature is 30°C or above on the day, the long rides will be cut short.

- Please contact **Janet Bennett** by e-mail jfbpgb@bigpond.com or on **9853 9808** to discuss details.

* this is when Janet will be away and other riders will be leading. Check with Janet by e-mail only or ring the COTA office on 9654 4443. The leaders while Janet is away are as follows July 7th and July 21st Alan Brown, phone 9572 1472; July 14th Les Deady, phone 9459 2701; July 28th Ed Biggs, phone 9569 9386.

All riders are requested to join Council on the Aging (COTA). We also recommend that riders consider joining Bicycle Victoria for the insurance and service they offer.

Date	Place to meet	Description	Grade
Aug 4 th	Southbank footbridge MEL 2F F7.	Short ride - to be chosen on day	Easy
Aug 11 th	Flinders St station MEL 2F G6. Belgrave line ~ 9.17am arrive 10.13am.	<i>Belgrave to Southbank.</i> Ride to Southbank via Belgrave rail trail , Blind Crk, Eastlink, back roads of Donvale, Mullum Mullum Ck and Main Yarra trails ~ 75km.	Hard
*Aug 18 th	Southbank footbridge MEL 2F F7.	Short ride - to be chosen on day	Easy
Aug 25 th	Southbank footbridge MEL 2F F7.	<i>Bay ride from Southbank to Mordialloc and return –</i> Ride the Bay trail down to Mordialloc. Return via Nepean Highway using back streets and service lane until picking up the bike path at South Rd. ~ 75km.	Medium
Sep 1 st	Southbank footbridge MEL 2F F7.	Short ride – visit the Spare Chair café in Derby St. Kew for excellent coffee and inexpensive cake.	Easy
Sep 8 th	Southbank footbridge MEL 2F F7.	<i>Bay, canal and trail circuit –</i> From Southbank we ride the Bay trail, Elwood canal, along railways and local roads to the Outer Circle railway, Gardiner Ck trail to the Anniversary and Main Yarra trails to city. ~ 50km.	Easy
Sep 15 th	Southbank footbridge MEL 2F F7.	Short ride – Abbotsford Convent visit to explore the site and try the upstairs coffee at Handsome Steve's House of Refreshment.	Easy
Sep 22 nd	Southern Cross railway station Bendigo train 9.15am ~ arrive 10.15am	<i>Gisborne to Woodend</i> via Riddell's Creek, Romsey and Lancefield. Highlights of the ride are Dromkeen, home of Australian children's literature, and a close-up view of Hanging Rock. Distance ~ 60 km.	Medium
Sep 29 th		No ride	
Oct 6 th	Southbank footbridge MEL 2F F7.	Short ride – via Merri Ck trail and St Georges rd to the Human Powered café, 562 High St. Thornbury.	Easy
Oct 13 th	Southbank footbridge MEL 2F F7.	<i>Circuit out to Caroline Springs and return –</i> via Docklands to Federation trail to Kororoit Creek trail, then Western Hwy trail and verge to Caroline Springs. Return via the Deer Park bypass to Federation trail and local roads to	Easy

		Newport and the bay trail ~ 70km.	
Oct 20 th	Southbank footbridge MEL 2F F7.	Short ride – Main Yarra trail to Banyule Hill and return from Heidelberg station.	Easy
Oct 27 th	Southern Cross railway station Ballarat train 8.10am ~ arrive 9.35am	<i>Ballarat to Daylesford circuit</i> – We will ride out to Daylesford via Creswick and we will return via Sailors Falls and Dean. Short well graded section of gravel through forest near SF~ 82km. There is the option of driving to Ballarat station instead of using the train.	Hard
Nov 3 rd	Southbank footbridge MEL 2F F7.	Short ride – Ride to Poyntons Nursery on the Maribyrnong river trail and return.	Easy
Nov 10 th	Southbank footbridge MEL 2F F7.	<i>Woodlands Park ride</i> – Moonee Ponds trail to the Historic Homestead and return to the Western Ring trail, around to the Maribyrnong trail and return to the city ~ 70km.	Hard
Nov 17 th	Southbank footbridge MEL 2F F7.	Short ride – Ride to Anglers Arms on the Maribyrnong river trail and return, visiting the Museum on the trail.	Easy
Nov 24 th	Flinders St station MEL 2F G6. Pakenham line ~9.02am arrive 9.58am	<i>From Berwick station, ride to city.</i> Ride Hallam bypass Trail, Endeavour Hills Trails and streets, Dandenong Ck Trail to Jells Park. Then Mt Waverley Railtrail, Gardiners Ck Trail to finish at St Kevins boathouse. ~50 km	Medium
Dec 1 st	Flinders St station MEL 2F G6.	Short ride – to Ardeer by train and then return via the Western Ring trail, Federation trail and Docklands to the city.	Easy
Dec 8 th	Southern Cross railway station Geelong train 9.15am ~ arrive 10.15am	<i>South Geelong to Queenscliff circuit</i> - We will ride the Bellarine Rail trail to Queenscliff and return via Ocean Grove to the Rail trail. ~ 60km. There is the option of driving to South Geelong station instead of using the train.	Medium
Dec 15 th	Southbank footbridge MEL 2F F7.	Christmas ride with lunch at Botanic Gardens in the Observatory cafe – We will ride the Bay trail to the Elwood canal and return via back streets and Albert Lake park to the Botanic Gardens ~ 20km.	Easy

Whitehorse Cyclists Inc

Last updated 18 July 2010

Date	Destination	Description	Distance and grade	Leader Contact
L Beginners' rides run on Sundays. Details posted on the beginners' rides page weekly				
Sun 01/08	Beginners' Ride	No Beginners' Rides during Winter, resume Sun 5 September		
Sun 01/08 9:30 am	Sunday Waterways Loop	Mont Albert, (M)(B) Blackburn, Blackburn Lake, (B) Gardiners Creek Tr, Back Ck, Anniversary Tr.	35 E/M	Graham E 9836 0415 0413 767 925
Tue 03/08 9:30 am	Easy Tuesday Fairfield	Bushy Creek Tr, Koonung Tr, Glass Creek Tr, Anniversary Tr, (M)Maling Rd, Surrey Hills, Bushy Creek Tr. Option: train to Laburnum RS and Dorking Rd to start	30 E	Vern O'G 9876 1312 0419 332 954
Tue 03/08 9:00 am	Medium Tuesday Beginners Gamble	Gardiners Creek , Ferndale Park (M); Glen Iris, Anniversary Trail, Ashburton, Camberwell (B),	40+ E	Tony R 9874 1839 0418 509 481

Tue 03/08 9:30 am	Hard Tuesday Kallista	Belgrave-Gembrook Rd, Selby Aura Rd, Belgrave-Gembrook Rd, Emerald, Wellington Rd, Eastlink Tr	50 H	Charles L 0413 592 874
Thu 05/08 9.30am	Easy Thursday Northcote	Fairfield, Preston, Thornbury, (M) High St Northcote, Westgarth St, The Boulevard.	30 E	Bernie F 9878 6640
Thu 05/08 9:30 am	Thursday Craigieburn	Westgarth, Brunswick, (M)Moonee Ponds, Moonee Ponds Creek Tr, (L)(B)Craigieburn, Galada Tambere Tr, (B)Thomastown, Reservoir, Darebin Creek Tr	70 M	Jacques F 9497 2306
Sun 08/08	Beginners' Ride	No Beginners' Rides during Winter, resume Sun 5 September		
Sun 08/08 9:30 am	Sunday Bundoora Loop	Anniversary Trail, (M)Fairfield, Darebin Cr Tr, Latrobe Uni, Bundoora, Watsonia Rd, River Gum Wlk, Warringal Park, Burke Rd. Finish 1.15pm	40-45 E	Bruce D 9852 1921 0430 225 295
Tue 10/08 9:00 am	Medium Tuesday Eastern Creeks	Koonung and Eastern Creek Trails, (M)Croydon, Tarralla and Dandenong Creek Trails, Eastlink, Mitcham, and Koonung Trails	45 M	Brent C 9874 5148 0407 314 220
Tue 10/08 9.30am	Easy Tuesday	Gardiners Creek Tr, Oakleigh, Rosstown Tr, Elwood. Bayside path, South Road, East Boundary Road. (M) stop TBA.	35 E	Jamie McL 9822 2724 0417 037 855
Tue 10/08 9:30 am	Hard Tuesday Essendon	Surrey Hills, City, Docklands, Mt Alexander Pde, Woodlands St, Moonee Ponds Creek Tr, Gaffney St, Murray Rd, Heidelberg, Manningham Rd, Big Dipper	65 M	John C 0438 655 977
Thu 29/07 9:30 am	Thursday Maribyrnong River	Train to St Albans, (M)Brimbank Park, Maribyrnong River Tr, Footscray Rd, Docklands, (B)Southbank, (F)Canterbury RS	53 M	Robin R 9830 1449
Sun 01/08	Beginners' Ride	No Beginners' Rides during Winter, resume Sun 5 September		
Sun 01/08 9:30 am	Sunday Waterways Loop	Mont Albert, (M)(B) Blackburn, Blackburn Lake, (B) Gardiners Creek Tr, Back Ck, Anniversary Tr.	35 E/M	Graham E 9836 0415 0413 767 925
Tue 03/08 9:30 am	Easy Tuesday Fairfield	Bushy Creek Tr, Koonung Tr, Glass Creek Tr, Anniversary Tr, (M)Maling Rd, Surrey Hills, Bushy Creek Tr. Option: train to Laburnum RS and Dorking Rd to start	30 E	Vern O'G 9876 1312 0419 332 954
Tue 03/08 9:00 am	Medium Tuesday Beginners Gamble	Gardiners Creek , Ferndale Park (M); Glen Iris, Anniversary Trail, Ashburton, Camberwell (B),	40+ E	Tony R 9874 1839 0418 509 481
Tue 03/08 9:30 am	Hard Tuesday Kallista	Belgrave-Gembrook Rd, Selby Aura Rd, Belgrave-Gembrook Rd, Emerald, Wellington Rd, Eastlink Tr	50 H	Charles L 0413 592 874
Thu 05/08 9.30am	Easy Thursday Northcote	Fairfield, Preston, Thornbury, (M) High St Northcote, Westgarth St, The Boulevard.	30 E	Bernie F 9878 6640
Thu 05/08 9:30 am	Thursday Craigieburn	Westgarth, Brunswick, (M)Moonee Ponds, Moonee Ponds Creek Tr, (L)(B)Craigieburn, Galada Tambere Tr, (B)Thomastown, Reservoir, Darebin Creek Tr	70 M	Jacques F 9497 2306

Sun 08/08	Beginners' Ride	No Beginners' Rides during Winter, resume Sun 5 September		
Sun 08/08 9:30 am	Sunday Bundoora Loop	Anniversary Trail, (M)Fairfield, Darebin Cr Tr, Latrobe Uni, Bundoora, Watsonia Rd, River Gum Wlk, Warringal Park, Burke Rd. Finish 1.15pm	40-45 E	Bruce D 9852 1921 0430 225 295
Tue 10/08 9:00 am	Medium Tuesday Eastern Creeks	Koonung and Eastern Creek Trails, (M)Croydon, Tarralla and Dandenong Creek Trails, Eastlink, Mitcham, and Koonung Trails	45 M	Brent C 9874 5148 0407 314 220
Tue 10/08 9.30am	Easy Tuesday	Gardiners Creek Tr, Oakleigh, Rosstown Tr, Elwood. Bayside path, South Road, East Boundary Road. (M) stop TBA.	35 E	Jamie McL 9822 2724 0417 037 855
Tue 10/08 9:30 am	Hard Tuesday Essendon	Surrey Hills, City, Docklands, Mt Alexander Pde, Woodlands St, Moonee Ponds Creek Tr, Gaffney St, Murray Rd, Heidelberg, Manningham Rd, Big Dipper	65 M	John C 0438 655 977
Tue 10/08 7:45 pm	Club Night	Corner Station & Combarton Sts Monthly Meeting		Mike W 9509 1290
Thu 12/08 9:30 am	Thursday	Main Yarra Tr, Capital City Tr past Zoo, (M) (B)Moonee Ponds, Maribyrnong River Tr, (L)(B) Kensington.	50 E	Mike T 0407 045 217
Sun 15/08	Beginners' Ride	No Beginners' Rides during Winter, resume Sun 5 September		
Sun 15/08 9.30 am	Warburton Rail Trail Working Bee	(8:27 Train from Camberwell/8:39 from Box Hill arr Lilydale 9.11) Warburton Rail Trail (M)Wandin for easy tree planting should finish by 12:30 pm (also see July newsletter)	25 E	Bruce E 9848 4804 Sandra B 9878 4179
Tue 17/08 9:30 am	Easy Tuesday	Dandenong Creek Tr, Wantirna South, Knox City SC, Blind Creek path, (M) Fern Tree Gully, rail line bike path through Boronia, Bayswater.	35 E	David Y 9884 8037 0401 013 395
Tue 17/08 9.30am	Medium Tuesday Golden Circle	Fairfield, (M) Clifton Hill, Collingwood, MCG, Main Yarra Trail, Gardiners Ck, Anniversary Tr. Note: 9.30am start	42 M	Mike T 9859 3647 0407 045 217
Tue 17/08 9:30 am	Hard Tuesday Craigieburn	Diamond Creek Tr, Hurstbridge, Arthurs Creek Rd, Doctors Gully Rd, Bridge Inn Rd, Epping Rd, Craigieburn Road East, Hume Fwy, Merri Creek Tr	102 M/H	Barry McC 9848 1154
Thu 19/08 9.15am	Easy Thursday Federation Trail	Meet at rear of 9.28 Werribee Train, arrives Werribee 10.16, (M) Werribee, Werribee River Tr, Federation Tr, Miller St, Cherry Lake, (F) Altona Railway Station. Need Zone 1-2 ticket. Note early start.	33 E	David H 9877 3216 0431 828 604
Thu 19/08 9:30 am	Thursday Annual Willie Warmer	Docklands, Port Melbourne, (M)South Melbourne, Footscray Rd Trail to (L) Williamstown, (B)Newport, Zoo, Carlton, The Boulevard.	65 M	Barry McC 0402 419 792
Sun 22/08	Beginners' Ride	No Beginners' Rides during Winter, resume Sun 5 September		
Sun 22/08 8:30 am	ATBIAD Training	Around The Bay In A Day Training Beach Rd, Nepean Hwy, Frankston and return, est finish 2:00pm Register beforehand to enable notification of any prior changes	90 M	John H 0408 554 478

Sun 22/08 9:30 am	Scotchman's Creek Tr	Gardiner's Creek Tr, Glen Waverley Rail Tr, (M) Mount Waverley, Valley Reserve, Scotchman's Creek Tr. Mostly bike and bush paths.	25 E	Michael W 9509 1290 0488 565 566
Tue 24/08 9:30 am	Easy Tuesday	Mystery ride!	30 E	Mike T 9859 3647 0407 045 217
Tue 24/08 9.00am	Medium Tuesday Maribyrnong Boathouse	Yarra Tr, Rushall, Capital City, Moonee Ponds Ck and Maribyrnong River Trails to (M) Maribyrnong Boathouse Café, Royal Park, Ivanhoe, The Boulevard.	50 M	Neil M 9497 2685
Tue 24/08 9:30 am	Hard Tuesday Gardiners Creek	Main Yarra Tr, Gardiners Creek Tr, Scotchmans Creek Tr, Glen Waverley, Jells Park, Ferntree Gully, Ringwood, Koonung Tr	103 M/H	Charles L 0413 592 874
Wed 25/08	Quarterly Lunch	Afghan Village Restaurant Private bike parking at rear. \$25 per head, BYO, no corkage		Gill B 9725 5310 Neil M 9497 2685 neilm@aapt.net.au
Thu 26/08 9:30 am	Thursday Up the Merri Down the Moonie	Fairfield, (M) Clifton Hill, Merri Cr Tr, Metro Ring Rd path, (L) Roper Reserve, (B) Jacana, Monnie Ponds Ck Tr, Capital City Tr.	60 M	Russell H 9841 7141
Sun 29/08	Beginners' Ride	No Beginners' Rides during Winter, resume Sun 5 September		
Sun 29/08 9:00 am	Knox- Dandenong	Koomba Park, (M)Jells Park, Knox SC, Dandenong Creek Tr. Mainly flat. Note: Early start	40 E	George C 9878 0293
Tue 31/08 9:30 am	Easy Tuesday Get Lost With Diana	Diana's first ride Rail Trail, Ferntree Gully, (M)Stud Rd, Bayswater	25 E	Diana 9857 7433 0437 211 965
Tue 31/08 9.00am	Medium Tuesday Clifton Hill	Chandler Hwy, Fairfield, St Georges Rd, (M) Clifton Hill, Main Yarra Tr, Swan St, East Camberwell RS	40 M	Bruce D 9852 1921 0403 225 295
Tue 31/08 9:30 am	Hard Tuesday Mt Dandenong	Ferntree Gully, Mt Dandenong, Sky High, Montrose, Mt Dandenong Rd, Croydon	70 M/H	Abdy S 0413 327 650
Thu 02/09 9.30am	Easy Thursday Parks and Bay	Anniversary Tr, Urban Forest, (M)Hughesdale, McKinnon, East Brighton, North Rd, Elwood, Albert Park, St Kilda Rd, (F) Southbank.	35+ E	Allan M 9898 0415
Thu 02/09 9:30 am	Thursday	Gawler Chain, Mont Albert, Canterbury, Camberwell, Hawthorn, Bridge Rd, West Richmond, Collingwood, Dite's Falls (sic), Clifton Hill, Heidelberg, Greensborough, Plenty River Tr, Yarra Tr, Koonung Tr.	60+	John C 9819 9380
Sun 05/09 9:30 am	Beginners' Ride Oakleigh	Gardiners Creek Tr, Scotchmans Creek Tr, (M)Oakleigh, Anniversary Tr, Box Hill	28 E	Keith M 9857 5805
Sun 05/09 8:00 am	ATBIAD Training	Around The Bay In A Day Training Beach Rd, Nepean Hwy, Mornington and return, est finish 3:00pm Register beforehand to enable notification of any prior changes	120 H	John H 0408 554 478

Banyule Bicycle User Group—Rides Program

Rides start from Warringal Park (Melway ref 32 B4) unless otherwise indicated. Visitors are welcome to just turn up. Flexible ride options will be available at 9:00am Sundays or 9:30am Tuesdays and

Fridays to cater for newcomers and others seeking to improve their riding fitness. For further details contact Graeme W. 9435 9687 or Les B. 9435 0615.

EasyRide: with the “Latte” Group every **Tuesday and Friday 9:30am** – relaxed pace and informal, with break for coffee/snack/chat. **See program and other details at**
<http://www.vicnet.net.au/~banylbug>.

HarderRide: every Tuesday and Sunday **9.00am**. BYO morning tea. Check program below.

<i>Aug</i>	<i>Ride/Event</i>	<i>Description</i>	<i>Lead</i>
Sun 1	<i>Elwood Canal</i> 60 km MAP	Trails to beach, St. Kilda and along canal to Gardenvale. Then streets to Murrumbeena and Trail to south end of Anniversary Trail. Some H1 on Anniversary Trail. Break at Gunn Reserve (Glenhuntly).	Lou B/ 9459 68
Tue 3	<i>Epping</i> 40 km	Out by Bundoora Pk. & Upper Darebin Ck Trail (H2 to Waiora Rd, H1 in Park) to Epping Reserve. Return by Mill Park streets, Plenty Rd path, Ring Rd Trail, Greensborough.	Robert I 9439 10
Sun 8	<i>Schwerkolt Cottage</i> 42 km	Koonung Trail to Eastlink (some H3) & break at cottage. Mitcham streets to Koonung Trail home.	Maurie 0409 18
Tue 10	<i>Maribyrnong via Essendon Sts</i> 52 km MAP	Out by Coburg – Pascoe Vale – Essendon streets to Maribyrnong River Trail. MRT south to Pipe Makers Park (Rest) Return by Newmarket Sale yard trail and streets to CCT and home. (H1)	Allen P/ 9457 16
Wed 11		Annual General Meeting – Watsonia Library 8:00pm	
Sun 15	<i>Williamstown (fish & chip option)</i> 65 km	Wilson reserve, Rushall station, Capital City and Footscray Rd trails, return same.	Richard 9459 86
Tue 17	<i>Yarra Ride</i> 50 km	To and from break at Botanic gardens following trails on both banks of the river. Multiple H1 around the Boulevard.	John G/ 9439 38
Sun 22	<i>Templestowe, Donvale streets</i> 35 km MAP	Out by Manningham Bridge, Templestowe, Donvale Streets to Linear Park (Rest) Home by Tindalls Rd and Koonung Creek Trail. (H2 & H3 Hills on ride).	Allen P/ 9457 16
Tue 24	<i>Dandenong</i> 70 km	Koonung Trail (final long climb to the Mitcham high point), streets, Dandenong Creek Trail (flat) to Dandenong. Breaks at Jells Park and Dandenong. Train (Zone 2 ticket) to Hughesdale and ride Anniversary Trail home.	Les D/ 9459 27
Sun 29	<i>Capital City Circuit</i> 50 km	Royal Park, Docklands (break), Southbank, Yarra Trail.	Richard 9459 86
Tue 31	<i>Gellibrand Hill</i> 70 km. MAP	Out and back by Ring Road, Moonee Ponds Ck Trail and Woodlands Park (unmade track but negotiable on any bike type). Break at summit (204m). Careful on gravel road direct down to Mickleham Rd, left at Barrymore Rd and Attwood Ck Trail then pipe track to Erinbank Cres and home by route out.	Alan P/ 9435 94

Sept

Sun 5	“Riders’ Choice” Rider who suggests is leader, otherwise by agreement		
Tue 7	“Riders’ Choice” Rider who suggests is leader, otherwise by agreement		
Sun 12	<i>Kings Domain</i> 45 km MAP	Yarra Trail, north side to Domain and south side return.	Lou B/ 9459 68
Tue 14	<i>Malvern Park</i> 45 km MAP	Out by Wilson Reserve, Capital City trail, Gardners Creek trail, Menzies reserve, to Malvern Park. Return by Gardens Creek, Ferndale Reserve, Anniversary Trails (A good gravel bike path 2km Good condition)	Allen P/ 9457 16
Sun 19	<i>Niddrie</i> 55 km.	Streets west to Maribyrnong R. At Lily St, north onto Steeles Ck Trail and follow to Valley Lake, Niddrie. Climb to Calder o’pass, then Trail to Airport West SC. Downhill to Moonee Ponds Ck at Boeing Res. Down Trail and then streets east home.	Richard 9459 86

Tue 21	<i>Gasworks Park</i> 50 km MAP	Out through Port Melb. Return by Tan and Yarra Trail.	Alan P/ 9435 94
Sun 26	<i>Bundoora Park</i> 40 km MAP	Out by Plenty River Trail (H2), Kalparrin, Springthorpe (H1). Return by Darebin Ck Trail, Wilson's Reserve.	Graeme 9435 96
Tue 28	<i>The Basin</i> 63 km MAP	Koonung Trail to Eastlink (some H3), Ringwood exit to Ringwood Lake, follow rail to Mountain Hwy Trails (long H1) to The Basin & break at Wicks Reserve. Then Forest Rd (long downhill-bike lane) to Ferntree Gully. Down Belgrave Trail back to Bayswater. Dandenong Creek and Eastlink Trails home.	Les D/ 9459 27

NightRide: Every Wednesday **8:00pm from Rivergum Walk at Banyule Rd pedestrian traffic lights -**

20 km on Koonung trails or Yarra Trail to Westerfolds Park. Lights required. Contact: Robert 9457 1980

Darebin BUG

Darebin Bug Social Rides - Tuesdays and Thursdays

9:30 a.m. corner plant and union street, northcote. 40 -60 km rides mainly on bike paths and quiet streets for experienced cyclists. Bring lunch, snacks and water. Contact Norm on 9484 4767 to confirm start time and location (usually departs from Jika Jika). <http://www.darebinbug.org.au/rides.html>

Darebin Bug Port Melbourne Ride - Saturdays

9.30am Meet at Jika Jika Neighbourhood House, cnr Plant & Union Sts, Northcote. Slow ride suitable for beginners. <http://www.darebinbug.org.au/rides.html>

The Crosskeys Crusiers - Strathmore - Friday rides

The Crosskeys Crusiers are a group of retired men and women who meet in the Crosskeys CarPark near the Strathmore station at 9am on Friday mornings.

The rides are decided each Friday and the adventure begins. Some riders go till morning tea while others ride till lunch and then home at about 3pm. New members most welcome to chat and share the experience Telephone Max 93783501 or John 93707829

Melbourne Bicycle Touring Club

Ride and Club Night Programme

August			
Sun 01 Aug	Ballan to Lara - train based. Some unsealed roads - no shops (bring lunch, etc). Views.	70km Medium/ Hard	Edmund
Tue 03 Aug	Pete Sig's Snow ride - the extended version starting and ending in Lilydale. Lots of gravel.	120km Hard	Claire
Wed 04 Aug	Lunch - Jolly J's, Port Phillip Arcade (near 228 Flinders St, opposite station) - 12.30 pm. Sri Lankan and Western cuisine		John Hu
Thu 05 Aug	Electric/Pedal Assisted Bicycles - Urban Commuter		John Hu
Sat 07 Aug	Roadside repair workshop and pub visit	Easy	Glenn

Sun 08 Aug	Badger Weir Lilydale loop - Yarra Glen for morning tea. Views across the Yarra Valley. Lunch at Badger Weir. Optional 2 km bushwalk.	75km Medium	Peter B
Thu 12 Aug	La Bella Italia: 5 weeks of touring, in Sardinia and Sicily. Gail and Phil, Heather and Leon.		Fiona
Sat 14 Aug	Railway Museum Williamstown Docklands and return. Entry fee. Cafes. Lotsa opt-out points.	30km Easy	John Ha
Sun 15 Aug	The renowned Lebanese Pizza and Italian Ice Cream Social Ride	25km Easy	Claire
Wed 18 Aug	Lunch @ Gopals - 139 Swanston St (upstairs) - 12.30 pm		Norm
Thu 19 Aug	Peter and Rob's Red Centre Ride		Matthew S
Fri 20 Aug	Korean dinner @ Han Sot Bab - 7.30 pm 315 Glenhuntly Rd Elsternwick		Kirsty
W/E 21-22 Aug	Archie's Creek, Gippsland Poowong loop, including Kongwak market. Sat night at pub, or camp. Undulating, beautiful countryside, some hard climbing.	100km Medium	Gail
Sat 21 Aug	Ride including Middle Eastern lunch at Oasis Restaurant Murrumbeena. It's a deli as well - bring pannier(s). Don't forget to vote.	tbd	Peter M
Sun 22 Aug	Brisbane Ranges National Park - Ballan to Bacchus Marsh - Some unsealed tracks - touring or mountain bikes. Carry lunch, etc.	50km Medium	Edmund
Thu 26 Aug	Cycle Shorts - little films on cycling		Glenn
Fri 27 Aug	Evening Ride to Mountain Goat Brewery, Richmond - try the stout and/or pizza	not far	Glenn
W/E 28-29 Aug	Snow weekend @ Mt Hotham	whee!!!	Di
Sat 28 Aug	See More Than Seymour (to Hurstbridge, via Switzerland Ranges and Yea) - great views. V/Line. Bring food, lights.	130km Hard	Kerry
Sun 29 Aug	Croydon to Koonung via Jells Park	40km Easy/ Medium	Geoff

September			
Thu 02 Sep	What happens in parks in China? A cultural/social exploration		Karen
Sat 04 Sep	Fish and Chips by the Bay - Return ride from Fed Square to Sandringham Rotunda, mainly along the Bayside Beach Bike Path. Options for train bail out.	40km Easy/ Medium	Anne S
Sat 04 Sep	Belgrave to Bayswater - Dandenong Ranges mountainbike ride. Hilly, scenic, off-road, some singletrack, knobby tyres only	40km Hard	Tony
Sun 05 Sep	Belgrave to Lilydale - Undulating/hilly, mostly quiet roads and rail trail. Through Dandenong Ranges National Park - some great views. Afternoon tea at Lavender Farm in Wandin.	55km Medium	Robyn
Thu 09 Sep	La bella Italia: Highlights of our next 7 weeks on the mainland - Gail and Phil		Edmund
Sat 11 Sep	Kyneton to Seymour via Cobaw State Forest	80km Medium/ Hard	Di
Sun 12 Sep	Lancefield loop: Car based - includes a few ups and downs, gravel and sealed roads and a sniff of adventure.	60km Medium	Liz
Wed 15 Sep	Lunch - Southern Cross Station Food Court (Mezzanine floor - Collins St end) - 12.30 pm	Hole in roof	Norm
Thu 16 Sep	Trip Planning and Spoke Notes deadline!		John Hughes
Fri 17 Sep	Tim Burton Exhibition, the film Sleepy Hollow and a light supper at Federation Square	Images and imagination	Claire
18 Sep - 2 Oct (tbc)	Clare and Barossa Valleys, Murray River - SA in Spring. Camping/ cabins. Visit a winery or two? You bet.	50-60 km per day - Medium	Glenn
Sat 18 Sep	Geelong Circuit - mostly bike paths along the Barwon River and back around Corio Bay.	33km Easy	John Hu
Sun 19 Sep	Castlemaine Loop - Fryers Town, Glenlyon, Porcupine Ridge - mainly gravel through forest. No shops.	70km Medium	Dave C

Thu 23 Sep	Bike Repairs		Tim
Sat 25 Sep	Anti Grand Final Ride - Humevale Rd, Kinglake and Hurstbridge - Hilly	70km Med/ Hard	John Ha
Sun 26 Sep	Two Reservoirs: Castlemaine District. Mainly bitumen roads; undulating country; visit historic Maldon.	65km Medium	Peter B
Thu 30 Sep	Spring day ride in the Strathbogies & then onto Trades Hall. Dinner at Toto's?	60km Medium	Durelle
Thu 30 Sep	Introduction to Touring		Fiona
October			
W/E 30 Oct-2 Nov	Cup Weekend - Base Camp at Queenscliff	Various	John Hu
Early December	Bogong High Plains: Wangaratta - Falls Creek - Omeo - Bairnsdale	Moderately Hard	John Ha
Sun 08 Aug	Badger Weir Lilydale loop - Yarra Glen for morning tea. Views across the Yarra Valley. Lunch at Badger Weir. Optional 2 km bushwalk.	75km Medium	Peter B
Sun 08 Aug	Badger Weir Lilydale Loop	75km Medium	Peter

For information on the above rides, please contact the Touring Secretary, John Hughes 9807 1021, or at rides@mbtc.org.au.

About the Ride Gradings Easy: Relatively short distances and easy terrain, with no critical time factor. Suitable for the occasional cyclist. **Medium:** Longer distances with varied terrain. Reliable gears, food, tools and wet weather clothing are advisable. Ability to maintain a reasonable speed to meet critical time factors is required. **Hard:** Long distances and/or difficult terrain. Extensive experience in all aspects of cycling is mandatory. Riders must be able to maintain a good speed throughout the ride.

YHA

YHA Cycling is made up of people who enjoy cycling in the suburbs and out in country Victoria with a sociable group of like-minded people, aged mainly between mid 20s and mid 40s. YHA Cycling is a recreational club, not a racing club, and we do a mixture of day and weekend rides. The group is based in Melbourne, Victoria, under the umbrella of the YHA Australia, and is one of a number of such local YHA activities groups.

YHA contacts: Ride Co-Ordinator Kathy on rides@yhacycling.org.au or mobile 0425-792 574, or Secretary Voula on secretary@yhacycling.org.au; website: <http://yhacycling.org.au> R = Road Bike / H = Hybrid / M = Mountain Bike / Soc = Social
E = Easy / M = Medium / H = Hard / Soc = Social

Date	Ride	Bike	Distance	Grade	Ride	Booking	Ride Leader Contact
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	Description	Type	(Kms)		Leader	Req'd	
AUG							
Fri 20	Night Ride: Yarra Trail : Single Track	M			Jason		0410125445
Sun TBC	Wine Tasting: Yarra Valley				Nick	Y	nick@spraynozzle.com.au